

Weight and Volume

Metric weight: milligrams, grams and kilograms
and tonnes

Imperial weight: ounces, pounds, tons

Metric volume: millilitres and litres

Imperial volume: US Fluid ounce, US quart, US gallons
UK " " UK " UK "

Converting is the same method as with
linear measurements

5 pounds is how many grams?

$$\frac{1 \text{ pound}}{454 \text{ g}} = \frac{5 \text{ pounds}}{x \text{ g}}$$

8 pounds, 9 ounces is how many kilograms?

$$\frac{1 \text{ pound}}{16 \text{ ounces}} = \frac{x \text{ pounds}}{9 \text{ ounces}}$$

$$9 \times 1 \div 16 = 0.5625$$

$$\frac{1 \text{ Kg}}{2.2 \text{ pounds}} = \frac{x \text{ Kg}}{8.5625 \text{ pounds}}$$

$$8.5625 \times 1 \div 2.2 = 3.89 \text{ Kg}$$